ABSTRACT

A method of replacing at least a portion of an intervertebral disc of an intervertebral disc space of a spinal column, the intervertebral disc space defined at least by respective endplates of first and second adjacent vertebral bones, the method comprising the steps of inserting at least one intervertebral disc replacement trial into the intervertebral disc space to distract same in a direction along a longitudinal axis of the spinal column and simultaneously inserting first and second members of an intervertebral disc replacement device into an intervertebral disc space of the spinal column. The method also comprising maintaining first and second members of an intervertebral disc replacement device as a single assembly by way of an insertion plate, using an insertion handle that is adapted to detachably engage the insertion plate in order to manipulate the first and second members as a single unit such that they may be at least one of inserted into and moved within the intervertebral disc space without substantially changing their orientation with respect to one another and manipulating an actuator of the insertion handle to cause detachment of the insertion plate from the insertion handle.